

Food for Baby's First Year—General Guidelines for Feeding Healthy Infants 8 to 12 Months

Breastfed Babies

4 to 6 or more breastfeedings per day

Formula Fed Babies

6 to 8 oz formula per feeding

4 to 5 feedings per day for ages 8 to 10 months

3 to 4 feedings per day for ages 10 to 12 months

total of 24 to 32 oz of formula per day



Amount of Food per Day

Baby Cereal:

4 to 8 tablespoons or more per day of prepared cereal

Begin whole wheat and mixed grain cereal.

Other Grains: crackers, whole wheat toast, noodles, brown rice, grits, and soft tortilla pieces

¼ cup—2 times per day

Vegetables: ¼ to ½ cup—2 to 3 times per day

Fruits: ¼ to ½ cup—2 to 3 times per day

Dairy: yogurt and diced cheese ¼ cup—1 to 2 times per day

Wait until your baby is 1 year old to give him or her whole milk.

Protein Foods: cooked lean meat, chicken, turkey, fish, beans, egg yolk, or tofu ¼ cup—1 to 2 times per day

Wait until your baby is 1 year old to feed him or her egg whites and shellfish such as shrimp, clams, crab, scallops, and oysters.

Water Babies over 6 months old who are eating a variety of foods may need to be given about 4 to 8 oz of plain water per day. There may be times when your baby needs to be given more water. Check with your baby's health care provider for more information.

Fruit Juice is not recommended for babies under 12 months of age.

Sample Daily Meal Plan

Early Morning

- breastfeed **or** give 6 to 8 oz formula

Mid Morning

- 4 to 8 tablespoons prepared cereal **or** grits
- ¼ to ½ cup fruit

Noon Meal

- breastfeed **or** give 6 to 8 oz formula
- ¼ to ½ cup vegetables
- ⅛ to ¼ cup protein foods

Mid Afternoon

- breastfeed **or** give 6 to 8 oz formula
- crackers or whole wheat toast
- soft cheese **or** yogurt

Evening Meal

- ¼ to ½ cup vegetables
- ⅛ to ¼ cup protein foods
- ¼ to ½ cup fruit
- ¼ cup grains such as noodles, rice, or soft tortilla pieces

Before Bedtime

- breastfeed **or** give 6 to 8 oz formula

Note: More breastfeedings per day may be needed, especially for younger babies.

At 8 to 10 months

- Continue feeding pureed foods while starting your baby on some mashed and ground foods.
- Let your baby begin to eat some foods with his or her fingers.
- Feed your baby when the rest of your family eats. Eating with your baby will make him or her more likely to try new foods.



At 10 to 12 months

- Continue feeding pureed, mashed, and ground foods while starting your baby on some soft, chopped foods.
- Let your baby begin to feed himself or herself with a spoon.
- As your baby begins to eat more solid foods and drink from a cup, he or she can be weaned from the bottle.

